

## Ergonomics Consulting and Training (ECT)

Aspen Risk Management Group believes that practicing good ergonomics today is not just about setting up (and making ergonomic adjustments to) workstations. We believe a more holistic approach is necessary to fully address today's ergonomics concerns. For example, the average U.S. full-time employee spends approximately 24% of their time at work. It is our opinion, and in addition to an evaluation of at-work activities, people (and companies) will benefit by learning about the contributing factors to musculoskeletal and ergonomic injury, and how they can prevent the possibility of these types of injuries.

Our approach generally involves the following steps:

1. Conduct a brief needs assessment so that we understand the types of workstations and work performed.
2. Provide education session on the **Fundamentals of Ergonomics** – incorporating specifics from an organization's operations and processes.
3. Ask people to complete an *Ergonomics Self Assessment*.
4. Provide individual Ergonomic Assessments.
5. Provide pertinent handout/materials.
6. Phone and email assistance – 12 months.

### Benefits

- Enhanced productivity, health, and morale of workforce
- Compliance with regulatory requirements, including workplace safety programs and ADA
- Reduction of workers' compensation costs, including greater marketability of WC insurance policies
- Improved return-to-work outcomes

### Additional Offerings

- Train-the-trainer and training options for all levels of staff



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**Aspen Risk Management Group**

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